



TOTAL TRAINING

ÅLANDS



IDROTTSCENTER

CHARGE YOURSELF WITH ENERGY



# INDOOR SWIMMING POOLS



**The sports facilities at Ålands Idrottscenter are located in the middle of Åland in Godby. Whether you are crossing Åland from the South to the North or from the East to the West, we'll be along your path.**

Our indoor swimming pools are suitable for both leisurely and competitive swimming. We also have a children's pool and a therapy pool. Our facilities are home to many activities, such as swim schools and water gymnastics, organized by the social- and health care association Folkhälsan as well as other local organizers. We also host training camps for many larger swimming clubs from both Sweden and Finland. Swimsuits and other sports gear is available at our poolside shop.

- Our total training concept includes activities in the pools, at the sport centre and at the gym.
- Our hostel offers convenient accommodation for groups and individuals.
- Our café serves meals from breakfast to dinner as needed.
- Information for tourists is readily available.
- We collaborate with and can facilitate training at several outdoor sports arenas in the area.
- Customer satisfaction is our priority.

**Put simply, we believe that a great concept with great customer service keeps bringing our customers back.**

- Our facilities are accessible for the disabled.

## TOTAL TRAINING

# SWIM





# INDOOR SWIMMING POOLS – QUICK FACTS

- Area and volume ..... 3032 m<sup>2</sup> ..... 27850 m<sup>3</sup>
- Fitness and competition pool ..... 655 m<sup>2</sup> ..... 798 m<sup>3</sup>
- Training pool ..... 70 m<sup>2</sup> ..... 94 m<sup>3</sup>
- Children's pool ..... 50 m<sup>2</sup> ..... 30 m<sup>3</sup>
- Fitness and competition pool
- 8 lanes 25 x 2,5 m (total pool size 25x21)
- Water depth 1.2–1.8 m
- Bleachers (second floor) with ~350 seats
- Timing device
- Training pool with varying depth 1.20 – 1.40 – 1.60 m
- Water temperature 28–32oC
- Changing room with 156 lockers
- Two saunas
- Conference room
- Chlorine sanitation complemented with eco-friendly UV light disinfection
- Underwater filming possible
- Refreshment lounge with ~50 seats

# INDOOR SPORTS ARENA – QUICK FACTS

- Width..... 33 m
- Length..... 45 m
- Floor area ..... 1485 m<sup>2</sup>
- Flooring ..... Rucufloor Pulastic
- Bleachers ..... 220 seats
- Changing rooms..... 3 large and 2 smaller rooms
- The arena can be divided into two sections.
- The lighting, sounds and results display have control panels in the arena and in the bleachers.
- A stage of 40 m2 to 120 m2 may be mounted in the arena.
- The gym equipment ranges from free weights to fitness and weight lifting machines.
- The generous outdoor parking space for the center is 4200 m2.



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*A great start  
to your day*

## INDOOR SPORTS ARENA AND GYM

Our indoor sports arena is suitable for playing a wide range of ball sports such as soccer, floorball, tennis, table tennis and basketball. The arena also facilitates other types of physical training and has been the venue for both national and international tournaments. During autumn, winter and spring, boules and petanque players use the arena. The gym facilitates both weightlifting and fitness training.

# WORK OUT

STAY AT OUR HOSTEL

## GODBY VANDRARHEM

Our hostel offers a range of accommodation options, from single rooms to shared sleeping quarters for 24 guests. The hostel is ideal for those who prefer simple, affordable and comfortable accommodation. Guests are welcome to cook their own meals in the shared kitchen, and fresh towels and sheets can be rented from the hostel. Showers and toilets are located along the corridor.

Hostel guests may use the pools and saunas at a discount.

### Quick Facts:

The hostel has 14 rooms, of which 2 are shared sleeping quarters that can accommodate 24 persons each.

- The other rooms have 1 – 8 beds.
- There are altogether 125 beds, and extra beds can be provided as needed.
- Showers and toilets are located along the corridor.
- The sauna is located by the indoor pools close to the hostel.
- There is a shared lounge area with TV.
- Guests are welcome to prepare their own meals in the shared kitchen.
- Guests have access to a washing machine by the reception of the sports center.



ÅLAND

S-Market

Mattssons

Shell

GODBY

Ålands Idrottscenter



Vandrarhemmet

Godby högstadieskola

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